



Cleveland City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Cleveland City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Cleveland City School System that includes:

- School Health Advisory Committee
- Nine Healthy School Teams
- School Health Policies strengthened or approved include the Wellness Policy/Mental Health Procedures
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$156,557.82.

Community partnerships have been formed to address school health issues. Current partners include:

- Junior Auxiliary
- United Way of Cleveland
- YMCA
- SkyRidge
- Lee University
- Cleveland State Community College
- Cleveland City Schools
- PTOs
- community volunteers for health screenings or other CSH sponsored activities
- Bradley Initiative for Church and Community (BICC)
- Boys and Girls Clubs
- GRAAB Coalition
- Audio-C
- Bradley County Health Council
- Bradley County Health Department

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including health screenings, School Health Advisory Council, School Health Coordinating Council, Healthy School Teams, and Family Health and Education Nights. Currently, 75 parents are collaborating with CSH.

Students have been engaged in CSH activities that include Child Health Week, Jr. Health Council, and Healthy Fundraising Projects. Approximately 100 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Cleveland City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – Hearing: 1,230 screened with 89 referrals, Vision: 1,133 screened with 104 referrals, Scoliosis 6th grade: 369 screened with 0 referrals, BMI and Blood Pressure: 1,832 screened with 20 BP rechecks and 400 BMI referrals;

Students have been seen by a school nurse and returned to class – 10,274 with 9,632 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Grades K, 2, 4, 6, 8, 11 screened 59% normal BMI, 17% overweight and 21% obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include climbing wall, horizontal bar for outdoor walking/nature trail, physical education equipment/class room physical activity sets, Dance Revolution, Michigan Model curriculum and Take10! curriculum;

Professional development has been provided to school health staff and counselors. Michigan Model resource materials and training provided, suicide prevention, diabetes prevention and HIV prevention;

School faculty and staff have received support for their own well-being through after school exercise programs, discounts to workout facilities, pedometers for “walkers” healthy newsletters and health promotions.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model manuals and resource supplements purchased for all elementary school counselors and Kindergarten teachers, training and support for Michigan Model provided, meeting held with school district curriculum team regarding using the Michigan Model for comprehensive health education in the system, HIV training, and resources and support given to the middle and high school wellness teachers;
- Physical Education/Physical Activity Interventions – Take 10! training, resource manuals and support provided to all elementary teachers. Purchases include a climbing wall, exercise stepper for faculty/student workouts, horizontal bar for

outdoor nature/walking trail at the middle school. Additional purchases: pedometers, archery sets, exercise DVDs, Fitness Gram, classroom recess sets, PE equipment and materials. Professional development to PE and classroom teachers;

- Nutrition Interventions – purchased food cart for child nutrition classes, collaboration with registered dietician on Fresh Food and Veggies grants, partnerships with Greenway Table, provided educational information to parent groups, and school employees;
- Mental Health/Behavioral Health Interventions – behavioral health policies and procedures strengthened.

Other achievements include volunteers, community partnerships and collaborations, Safe Routes to Schools, participation in America on the Move (100 teachers) growing number of teachers who are modeling health and exercise in their personal lives. All schools have Healthy School Teams as part of their school leadership teams. All schools have completed the eight SHI modules, and a website was designed specifically for CSH that was created by four Cleveland High School students.

In such a short time, CSH in the Cleveland City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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